

# The John Ward Games Masters Track & Field Meet

at Santa Ana College

1530 W. 17th Street, Santa Ana, CA 92706

**Sunday, April 11, 2010**

**12:00 p.m.**

## Proceeds to benefit Santa Ana College Track & Field

### Entry Fees:

- \$30.00 for pre-registered athletes  
Entries must be received by  
Thursday, April 8th
- \$40.00 for race-day registration
- You may enter up to four events
- **Automatic timing**
- **Five year age groups for 30 and over**
- **Women before men; oldest to youngest**
- **There will be NO ONLINE entries or fee payment**
- **Pre-entries receive preferred lanes, heats and flights**
- **Day of meet entries will fill remaining spots**

### For more information, contact:

Miriam Mitzel  
(714) 290-7472  
mitzel\_miriam@sac.edu

## EVENTS SCHEDULE

### Field Events:

12noon-Javelin Throw, High Jump,  
Pole Vault, Long Jump, Shot Put

Triple Jump follows Long Jump  
Discus follows Javelin

### Track Events:

1:00	1500M - Women
1:10	1500M - Men
1:20	100M Hurdles - Women
1:30	100M Hurdles - Men
1:35	400M - Women
1:40	400M - Men
1:45	100M - Women
1:50	100M - Men
2:10	800M - Women
2:20	800M - Men
2:30	400M Hurdles - Women
2:40	400M Hurdles - Men
2:50	200M - Women
3:00	200M - Men
3:15	3000M - Women
3:30	3000M - Men

In consideration of my entry being accepted, I, intending to be legally bound, do hereby, for myself, my heirs and administrators, waive and release any and all claims I may have against Santa Ana College and the City of Santa Ana for any injuries suffered by me while competing in or traveling to and from said meet. All athletes compete at their own risk.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Enter me in (up to 4 events)

Mail form and entry fee to:

Miriam Mitzel  
SAC Track & Field  
1530 W. 17th Street  
Santa Ana, CA 92706

**Phone:** (714) 290-7472

**Fax:** (714) 564-6969

**E-mail:** mitzel\_miriam@sac.edu

\_\_\_\_\_  
E-mail Address

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Male/Female    Age on race day

\_\_\_\_\_  
Signature of parent/guardian if under 18 years of age

\_\_\_\_\_  
Date